

Physical Education & School Sport



SUMMER ACTIVITY DIARY



Name:

School:

active
Northumberland



It's important to look after our mental wellbeing alongside being physically active. Find sometime this week to have a go at this mindfulness activity by colouring in the stars below.





'Amazing things happen when you try'

Record the activities you do each day where you are physically active. Can you aim for 60 minutes a day? Check out the Active Northumberland social media pages for some great home workouts for all the family.

20th July	Go for a walk
21st July	
22nd July	
23rd July	Practice a personal challenge
24th July	
25th July	Dance to your favourite song
26th July	



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Find a relaxing place where you and your child will not be disturbed.

Sit in a comfortable posture, either with your legs folded or any comfortable posture. This activity can be done in as little as one minute, but you can also do it for longer periods of time. Begin by setting a timer for one minute.

If thoughts become intrusive, try and imagine your thoughts immersed in a white, puffy cloud and push the thought cloud out of your awareness. Afterwards, notice how you feel after taking this one-minute break.

JUST ONE BREATH BREATHING ACTIVITY



Find a relaxing place, sit comfortably and set the timer for 1 minute.

Breathe deeply in and out while paying attention to all sensations you notice or sounds you hear.



Take another slow, deep breath. Imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.

breathe



'Try a thing you haven't done three times. Once, to get over the fear of doing it. Twice, to learn how to do it. And a third time, to figure out whether you like it or not.' - Virgil Thomson

Record the activities you do each day where you are physically active.
Have a look at the Active Northumberland PE and School Sport social media pages for personal challenge ideas.

27th July	
28th July	Practice a personal challenge
29th July	
30th July	Walk up 100 steps
31st July	
1st August	Help with chores around the house
2nd August	



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MINDFUL BALLOONS - LET THEM GO!



- Take a moment to be calm and relaxed.
- On a piece of paper draw some big balloons (big enough to write something inside).
- In each balloon, write down something you are worried or concerned about.
- Share each of your worries with a grown up.
- When you feel ready you are going to let your balloon go.
- Imagine you have let go of the string and you are going to watch it float high in the sky, taking your worry far away.
- Repeat for as many worries you have.





'Believe you can and you're halfway there.' - Theodore Roosevelt

Record the activities you do each day where you are physically active.
You could look for ideas on the 42 Days of Summer Wellness Challenge card.

3rd August	
4th August	Throw and catch different objects
5th August	
6th August	
7th August	Practice a personal challenge
8th August	
9th August	Have a water fight



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GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



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'You're braver than you believe, stronger than you seem and smarter than you think' - Winnie the Pooh

Record the activities you do each day where you are physically active. Have a look at the Northumberland Sport Garden Games on Twitter

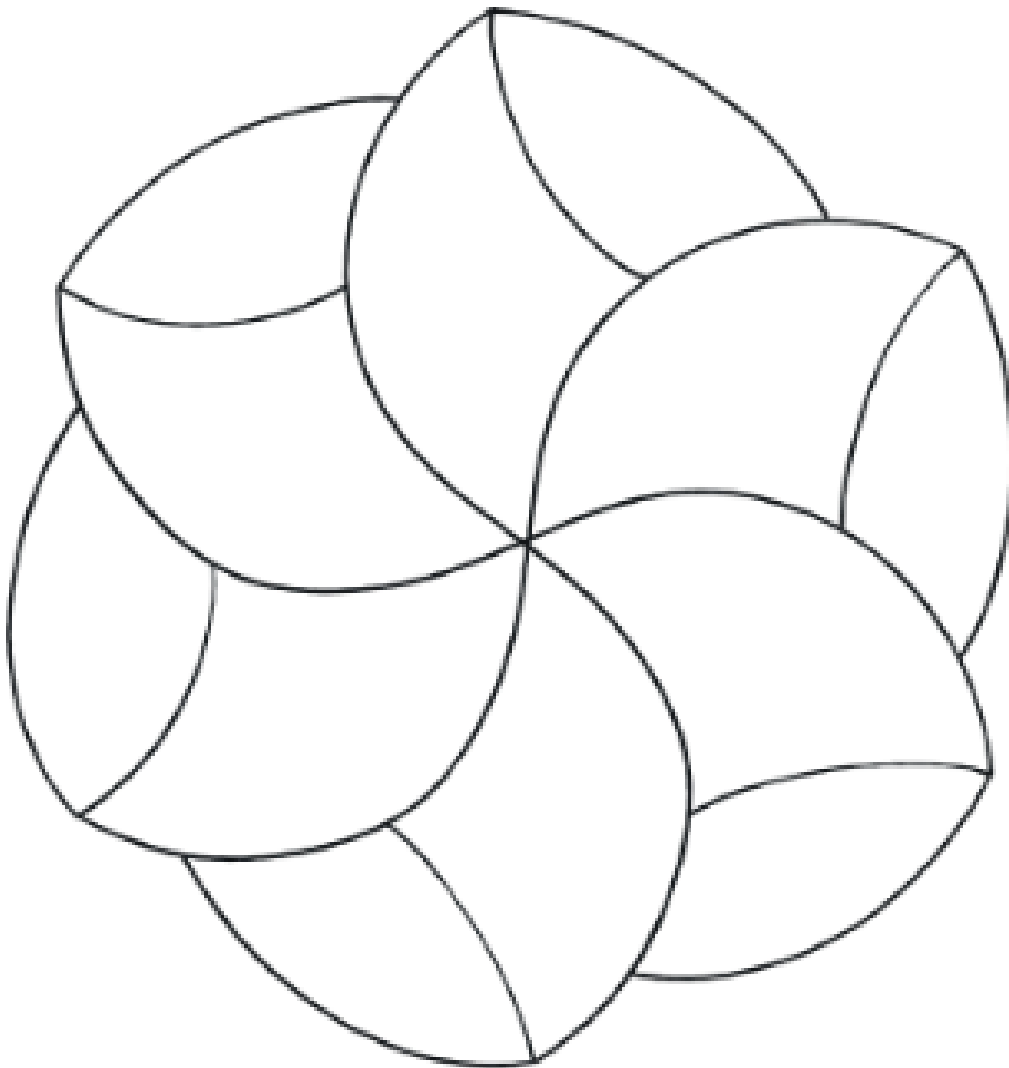
10th August	Practice a personal challenge
11th August	
12th August	Wash the car
13th August	
14th August	
15th August	Play a garden game
16th August	



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MINDFUL PATTERNS

Get doodling and fill that pattern with your own patterns and doodles





'Never say never because limits, like fears, are often just illusions.'
- Michael Jordan

Record the activities you do each day where you are physically active.
The Let's Ride website has lots of great cycle routes to try.

17th August	
18th August	
19th August	Ride your bike
20th August	Make an obstacle course
21st August	
22nd August	
23rd August	Practice a personal challenge



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CREATE YOUR OWN GLITTER JAR



Children of any age can create a glitter jar. You can also use a snow globe. The glitter jar is a great activity to use when your child is worried, upset, nervous or angry. The glitter in the jar represents your child's thoughts, rushing around in a mad dash. The next time your child is upset or anxious simply have them shake the glitter jar and remain quiet and still while the glitter is settling. As they breathe deeply they can watch the glitter float around in the jar and finally settle on the bottom.

Steps:

- Start by finding a glass mason jar and allow your child to decorate it however they like. You can also use a plastic water bottle if you can't find a mason jar.
- You will also need one bottle of clear glue and some kind of glitter. Food coloring is optional.
- Fill the bottle up 3/4 of the way with water.
- Next, add the clear glue and glitter and shake.
- You may want to use a funnel to get the glitter in the jar. You may add food coloring if desired.
- Seal the lid and you are ready to go.
- Your child can SHAKE the jar or bottle when they feel anxious or upset and remain still while the glitter settles.



'Be who you are and say how you feel, because those who mind don't matter, and those who matter don't mind' - Dr Seuss

Record the activities you do each day where you are physically active. Have a look at the 'Get Set for Tokyo' website for Olympic & Paralympic inspired activities.

24th August	
25th August	Dig for worms
26th August	Walk around balancing something
27th August	
28th August	
29th August	Create your own personal challenge
30th August	



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Well done on completing your summer activity diary!

We hope you've found new and exciting ways to be active.

Your hard work deserves reward and recognition so make sure you return your completed diary to school to receive your achievement certificate.

